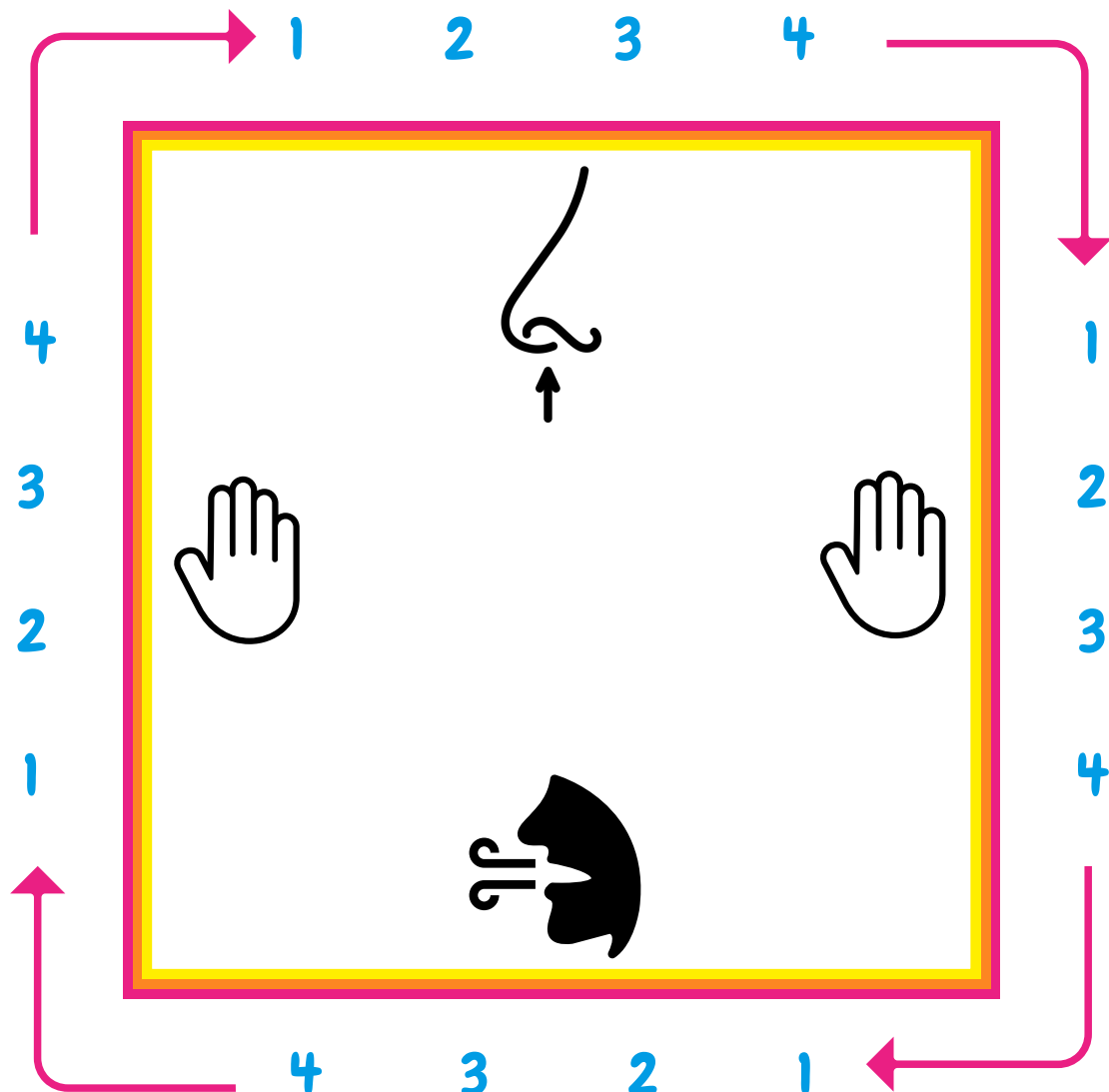


Box Breathing

Breathing in for 4 seconds



Breathing out 4 seconds